



Baloise Antwerp 10 Miles

baloise
ANTWERP
10
miles
21.04
2024

Runners' guide

Dear Runner,

We are delighted you will be joining us for the 38th edition of the Baloise Antwerp 10 Miles. This runners' guide contains all the important information about your run, allowing you to appear at the start this Sunday without a care in the world.

Good luck and see you Sunday!

Team Baloise Antwerp 10 Miles





ECO CHARTER

We care about the environment!



Come on foot, by bicycle or public transport.



Bicycle parking is provided.



Sort your waste and do not throw anything on the road. Help us recycle and choose the right waste container.



We use paper cups at the supply stations.



Our dedicated Green Teams will keep our event clean.



Reusable cups in the catering area.



How will you get there?

The Baloise Antwerp 10 Miles will take place on Linkeroever and the city centre.

If you live in Antwerp, by far the easiest way of getting there is by bicycle.

If you do not live in Antwerp, save yourself a lot of hassle and take the train, park in one of the Park and Rides or use the [Event-shuttle](#).

Important: be sure to arrive on time, this will save you a lot of worry.

Find out all about mobility, accessibility and parking [here!](#)



Collection Participant Pack - Opening Times



Where? Frederik van Eedenplein

Individual registration

- Friday 19 April from 10am until 6pm
- Saturday 20 April from 10am until 5pm.
- Sunday 21 April from 9am until 3pm.

Avoid the crowds at the registration area on Sunday by collecting your bib number from Frederik van Eedenplein on Friday from 10am to 6pm or on Saturday from 10am to 5pm!

Group/Corporate/School registrations with group collection

- It is not possible to collect your bib number individually!
- Make suitable arrangements with your group leader about where and when you can collect your bib number.

You want to collect someone else's bib number?

You can, bring the runner's confirmation email.

Have you acquired a ticket from someone else?

If you acquired someone else's entry, you have to start in the same wave as the original participant. Exchanges are only possible at the 'wisselen van naam / afstand' booth on F. Van Eedenplein (2060 - Linkeroever).

Change of Distance

1. Collect your bib number.
2. Have your distance changed at the 'wisselen van naam / afstand' booth and receive a new bib number.

Changing to a shorter distance is free of charge. For a longer distance, the difference in price will be charged.

However, it is not possible to change to the 10 Miles distance

Change of Name

1. Pick up the bib number from the original participant you will have to bring that person's confirmation email.
2. Have your details changed at the 'wisselen van naam / afstand' booth and receive a new bib number.

Don't forget to bring your ID.

A €5 administration fee will be charged on site for a change of name.

Programme Sunday 21 April 2024

Timing:

- 10:30am : Persil Kids run 1,5 km
- 11:30am : Baloise Antwerp Short Run 6 km (Funnel start)
- 1:05pm : Baloise Antwerp 10 Miles – start wave 1
- 1:30pm : Baloise Antwerp 10 Miles – start wave 2
- 1:55pm : Baloise Antwerp 10 Miles – start wave 3
- 2:20pm : Baloise Antwerp 10 Miles – start wave 4
- 2:45pm : Baloise Antwerp 10 Miles – start wave 5

Locations:

Start all distances: Gloriantlaan

Finish all distances: August Vermeylenlaan



It's not possible to start after 10:50am (Kids Run), 11:55am (Short Run) or 3:05pm (10 Miles) because of safety concerns.

Check out the Linkeroever map [here!](#)



Start Waves Baloise Antwerp 10 Miles

Start wave	Start time	Access to starting area
Wave 1	1:05pm	12:20pm
Wave 2	1:30pm	1:15pm
Wave 3	1:55pm	1:40pm
Wave 4	2:20pm	2:05pm
Wave 5	2:45pm	2:30pm

-  **It is NOT possible to start in an earlier wave**
If you have a friend running in an earlier wave, you cannot start in an earlier wave with them.
Very thorough checks will be carried out.
-  **It IS possible to start in a later wave.**
You don't need to do anything for this, you will get access to a later wave with your bib number without a problem.
There is no disadvantage to starting later. You will be able to start smoothly and calmly

You can find your bib number and wave on the [MyPage](#) website.



Bib Numbers



baloise
Sebastiaan
123456 Wave **1**
13u05
Baloise Antwerp 10 Miles 2024



baloise
123456 Wave **2**
13u30
Baloise Antwerp 10 Miles 2024



baloise
Sebastiaan
123456 Wave **3**
13u55
Baloise Antwerp 10 Miles 2024



baloise
123456 Wave **4**
14u20
Baloise Antwerp 10 Miles 2024



baloise
Sebastiaan
123456 Wave **5**
14u45
Baloise Antwerp 10 Miles 2024



Persil **KIDS RUN**
NORA
100001
For a brighter future with **Persil** and



baloise
123456
Baloise Antwerp Short Run 2024



T-shirt & Merchandise

If you bought an event T-shirt, you can pick it up on site from the T-shirt booth.

If you didn't order a T-shirt when you registered online, don't worry, they are still available on site (while stocks last).

Come have a look at our merchandise shop on site, where you will find the unique Baloise Antwerp 10 Miles clothing line in collaboration with Craft!

Details for the shop:

- On Friday 19 and Saturday 20 April at the registration area on F. Van Eedenplein
- On Sunday 21 April near the food & drink stand on Charles De Costerlaan





10 Miles

Short Run

Persil Kids Run

Tips for a carefree run

1. Arrive on time! We would advise everybody to arrive at least 1.5 hours beforehand.
2. Collect your bib number from the registration area.
3. Take your sports bag to storage (optional).
4. Pin on your bib number and walk to the start.
5. Join the start box of the wave you have been assigned to.
6. Enjoy the race!

Avoid the crowds at the registration area on Sunday by collecting your bib number from Frederik van Eedenplein on Friday from 10am to 6pm or on Saturday from 10am to 5pm!

Sportoase Pacer Team

A number of very experienced, mainly Belgian pacers have committed to running as pacers in the Baloise Antwerp 10 Miles.

The pacers will be waiting for you at the Sportoase Pacer Meeting Point in front of the Sportoase tent before heading to the starting area together. At the Meeting Point and in the start box, they will be easily recognisable thanks to their coloured flags showing their finish times.

Furthermore, each participant will also have the opportunity to get a wristband showing the split times that they have to run per kilometre to achieve their desired finish time. A handy reminder for the race that you can simply wear around your wrist! You can collect these bands for free from the registration area on Saturday and Sunday.



Wave 1

1h00 white
1h10 pink
1h20 blue
1h30 yellow
1h40 red

Wave 2

1h20 blue
1h30 yellow
1h40 red
1h50 green
2h00 black

Wave 3

1h20 blue
1h30 yellow
1h40 red
1h50 green
2h00 black

Wave 4

1h20 blue
1h30 yellow
1h40 red
1h50 green
2h00 black
2h15 orange

Wave 5

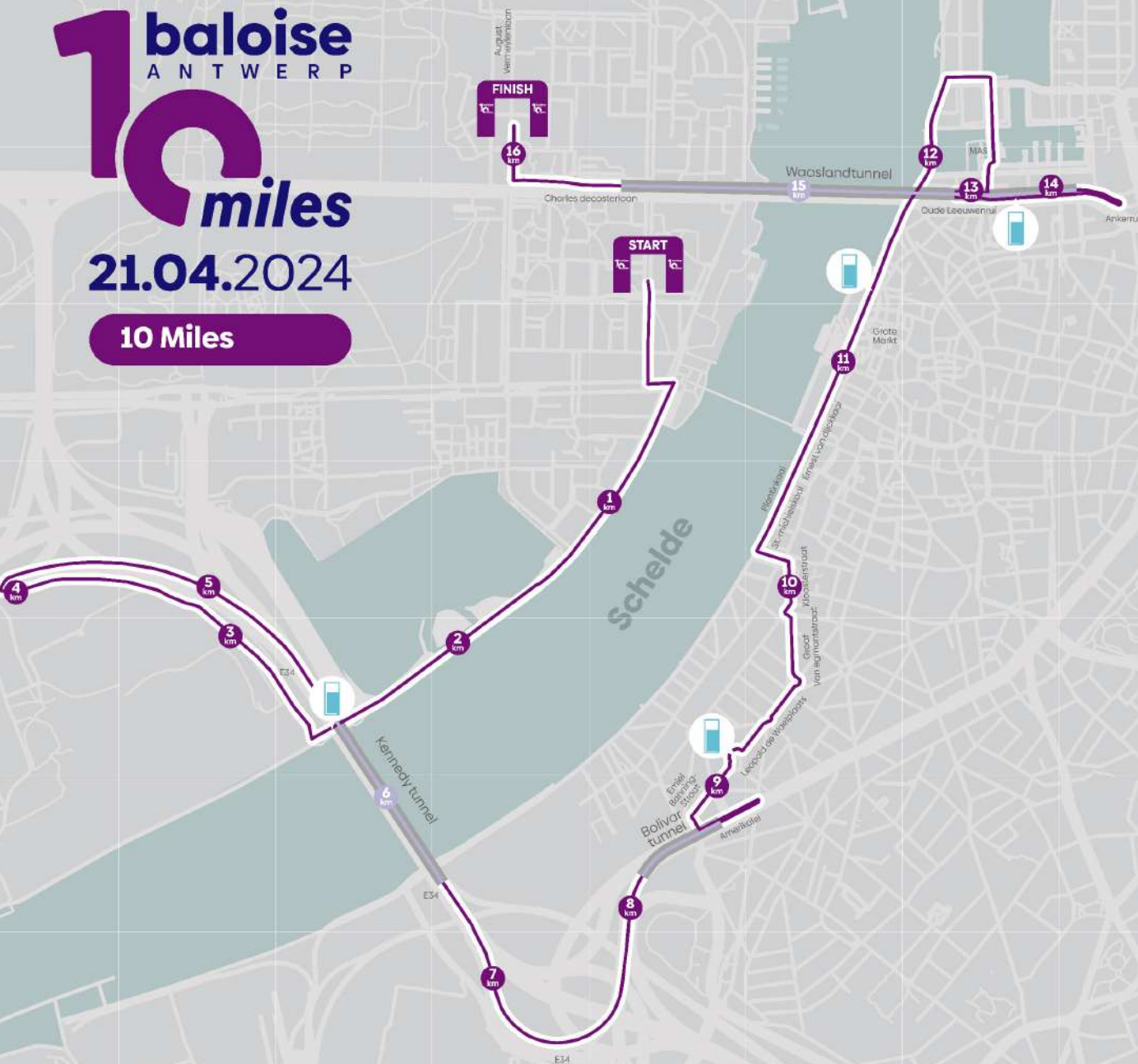
1h20 blue
1h30 yellow
1h40 red
1h50 green
2h00 black
2h15 orange



10 baloise ANTWERP miles

21.04.2024

10 Miles



Course Baloise Antwerp 10 Miles

The course has 4 supply points, these will be on both sides of the road. Volunteers will hand you paper cups. At the third supply point, you will be able to get AA Drink Iso-lemon at the front of the supply point and pick up water at the end. There are no toilets on the course.

Supplies

2.6 km	Water
8.9 km	Water
11.1 km	Water + AA Drink Iso-lemon
13.4 km	Water
Finish	AA Drink Iso-lemon, Grenade protein bar

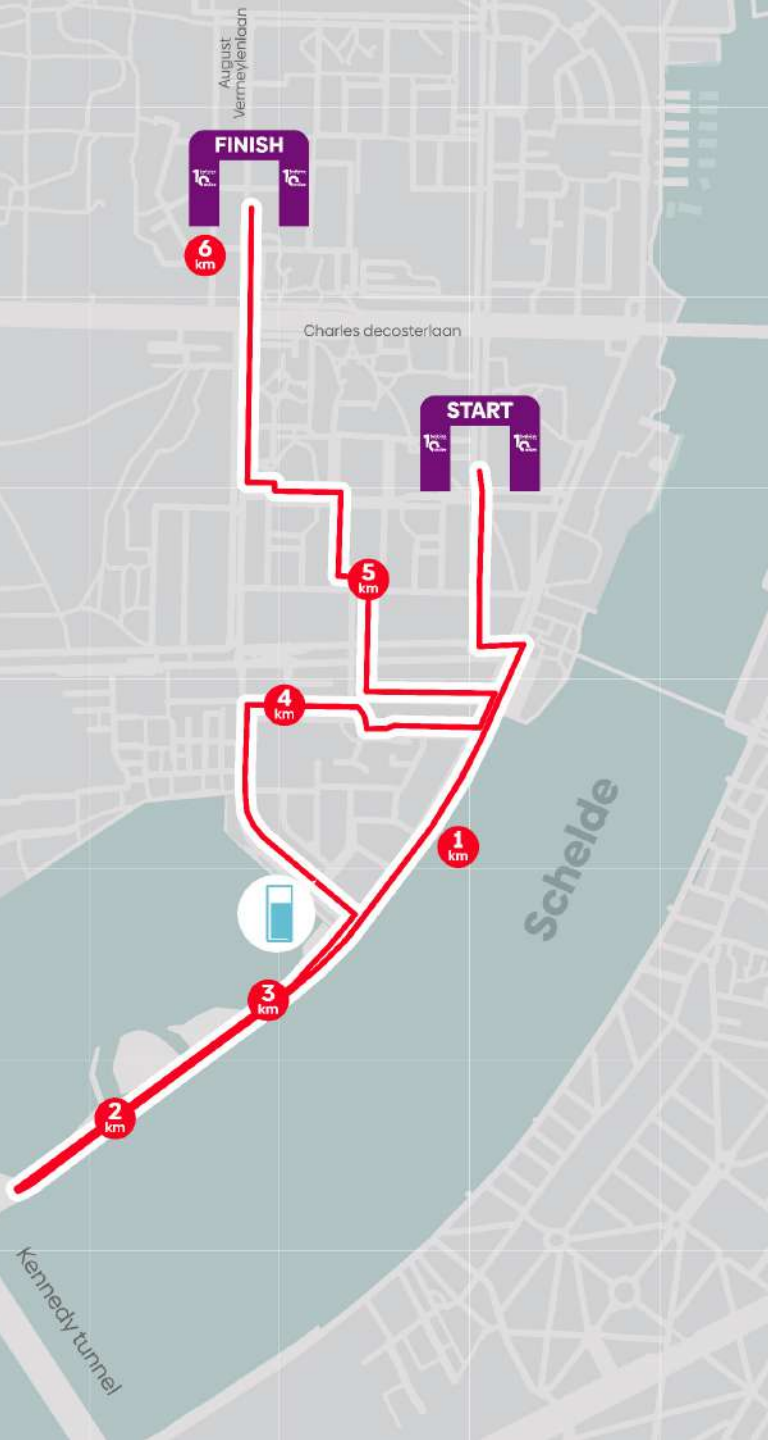
Check out the detailed course [here](#)



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Short Run



Course Baloise Antwerp Short Run

The course has one supply point, it will be on both sides of the road. Volunteers will hand you paper cups.

There are no toilets on the course.

SUPPLY POINTS

3.3 km	Water
Finish	AA Drink Iso-lemon, Grenade protein bar

Check out the detailed course [here](#)

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miles

Persil KIDS RUN

August
Vermeylenlaan

FINISH

1
km

START

Waasland
tunnel

Charles decosterlaan

Schelde



Course Persil Kids Run

At the finish, the kids all get a nice medal, tasty Meli waffle, banana and a bottle of water.

Check out the detailed course [here](#)



VINCI Energies Company Village

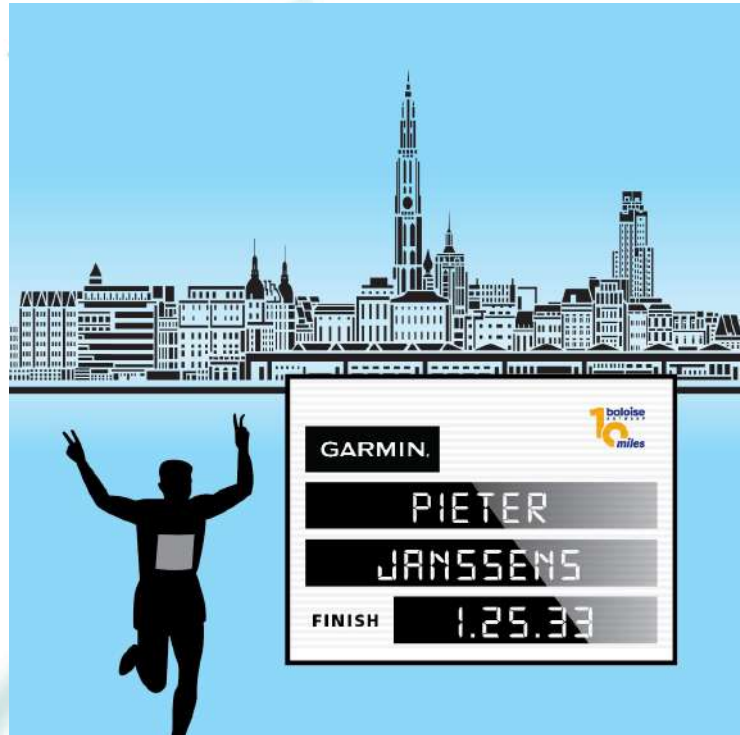
Does your company have a stand at the VINCI Energies company village?

Check out the detailed plan [here](#)!



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Garmin Photo Booth



Don't forget to visit the Garmin Photo booth and take a picture with your official finishing time

Baloise & Gazet van Antwerpen Cheering Boards



Baloise and Gazet van Antwerpen have created cheering boards together!

Be creative and come up with a fun quote!





Cheering Zones

Your friends and family are most welcome to come and support you on the side of the road on Sunday 23 April. Take in the unique atmosphere of the so-called Cheering Lanes! Music, DJs and cheerleaders are on hand to provide you with that extra energy boost.

- **QMUSIC DJs MAARTEN & DOROTHEE - KM 8.8**
Bolivarplaats
- **RUNNERS'LAB CHEERING ZONE - KM 9.5**
Leopold de Waelplaats
- **DESCO CHEERING ZONE - KM 10.7**
Ernest Van Dijckkaai
- **QMUSIC DJ ULRIKE D'HAUWER - KM 12.7**
MAS
- **UNIVERSITEIT ANTWERPEN CHEERING ZONE - KM 13.2**
Hessenplein



Live tracking & Results

Live Tracking

Your supporters can follow you (and your split times) via our online live tracking. Live tracking will be available on our website on the day of the event.

Results

From Sunday evening, the results will be available on [our website](#).



Say Cheese!

Your personal action photos thanks to Sportograf

SPORTOGRAF.COM is the official photo service of the Baloise Antwerp 10 Miles. Over previous years, these photographers have built up a good reputation with their full digital service and their affordable prices. They are true fans of sport who enjoy taking the best possible photos of each participant. Can you spot them along the course and at the finish?

Sign up now [using this link](#) and receive a reminder as soon as your personal photos appear online.



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Let's make it an unforgettable day together!



Be considerate & have fun!



Don't forget to have fun and enjoy the wonderful surroundings and entertainment along the course.



Listen to your body. If at any time you do not feel well, stop for a while. If the feeling persists, just stop.



Also brighten up the day of nearly 1,000 volunteers by thanking them and giving them a smile.



Make it an unforgettable day for you and your fellow runners.

GO WITH GOLAZO

 **baloise**



Thanks to our sponsors!